

COUNTY OF WEST LoTHIANREPORT BY THE MEDICAL OFFICER
OF HEALTH FOR YEAR 1938.Vital Statistics for Landward Area and Burghs

Population (Census 1931)	81,431
Population (Estimated 1938)	83,524
Births (corrected number)	1,662
Births illegitimate (corrected number)	63
Marriages	579
Deaths (corrected number)	949
Rates per 1,000 of the population	
Birth Rate (corrected)	19.9
Marriage Rate	6.9
Death Rates (corrected)	
All Causes	11.4
All Tuberculosis	.38
Tuberculosis of the Respiratory System	.26
Principal Epidemic Diseases	.50
Infantile Mortality Rate (Deaths under one year per 1,000 births).	63

Ages at Death

The number of deaths at the various age periods during 1938:-

<u>Age Period</u>	<u>Total Deaths</u>
Under 1 year	104
1 to 4 years	42
5 to 9 years	17
10 to 14 years	7
15 to 24 years	27
25 to 34 years	45
35 to 44 years	53
45 to 54 years	96
55 to 64 years	147
65 to 74 years	222
75 to 84 years	167
85 years and over	22
	<u>949</u>

Deaths from the Principal Epidemic Diseases during 1938:-

<u>Diseases</u>	<u>Total Deaths</u>
Typhoid Fever	0
Measles	4
Scarlet Fever	2
Whooping Cough	2
Diphtheria	21
Influenza	5
Cerebro Spinal Fever	4
Other Epidemic Diseases	4
	<u>42</u>

This total in 1937 was 52.

Statistics/

Statistics for Landward Area and Burghs Separately:-

	Arma- dale.	Bath- gate.	Bo'- ness.	Lin- lith- gow.	South Queens- ferry.	Whit- burn.	Land- ward.
Population (Census 1931)	4854	10097	10095	3666	1798	2440	48,481
Births (corrected number).....	129	176	196	59	64	126	912
Births Illegitimate (corrected number)..	3	5	4	2	3	1	45
Marriages.....	57	81	109	37	15	19	261
Deaths (corrected number).....	86	129	104	42	29	41	518

Infectious Diseases Notifications of the chief infectious diseases during 1938 in the landward area and burghs.

Cerebro Spinal Fever	3
Diphtheria	366
Dysentery	5
Encephalitis Lethargica	1
Erysipelas	67
Malaria	0
Ophthalmia Neonatorum	0
Pneumonia Acute Influenzal	5
Pneumonia Acute Primary	81
Poliomyelitis Acute	0
Puerperal Fever	5
Puerperal Pyrexia	19
Scarlet Fever	371
Tuberculosis Pulmonary	50
Tuberculosis Non-Pulmonary	48
Typhoid Fever	1
	<u>1022</u>

For the year 1937 the total was 1113.

Scarlet Fever cases for the years 1934, 35, 36 and 37 numbered respectively, 895, 363, 432 and 480.

Diphtheria cases for the same years numbered, 291, 350, 281 and 329.

Diphtheria Immunisation in Fauldhouse

Immunisation of children carried out in the Fauldhouse Area in 1937 proved satisfactory, since the number of Diphtheria cases occurring in that Area was greatly reduced. Of the 821 inoculated children, only 5 contracted Diphtheria. These 5 cases were of a mild type and were spread over the period April, 1937, to 19th June, 1939.

The Public Health Committee is considering the question of offering free immunisation in other areas of the County.

Tuberculosis The Scheme for the control of Tuberculosis deals with all cases occurring in the landward area and the six burghs in West Lothian.

Treatment/

Treatment is offered to persons suffering from either form of the disease and the following is a summary of the treatment provided:-

1. Admission to Sanatorium if accommodation is available.
2. Admission of advanced cases to Tippethill and Bo'ness Fever Hospitals when nursing conditions at home are unsuitable.
3. Provision of Medical Comforts i.e. Food as an addition to ordinary diet.
4. Provision of Drugs (including Cod Liver Oil Emulsion or Malt, Dressings and apparatus).
5. Provision of travelling expenses in special cases for patients travelling to Edinburgh for "Light Treatment", and to East Fortune Sanatorium for out-patient treatment.
6. Provision in doubtful cases for examination by X-Ray.

Pulmonary Tuberculosis Fifty cases (23 males and 27 females) were notified during 1938.

These cases were notified from:-

Landward Area	34
Burghs	
Armadale	0
Bathgate	8
Bo'ness	4
Linlithgow	1
South Queensferry	1
Whitburn	2
	<u>50</u>

Number of cases of Pulmonary Tuberculosis notified during the last ten years.

<u>Years</u>	<u>Males</u>	<u>Females</u>	<u>Total</u>
1929	43	26	69
1930	34	34	68
1931	27	37	64
1932	38	36	74
1933	43	37	80
1934	32	33	65
1935	25	24	49
1936	29	17	46
1937	17	28	45
1938	23	27	50

Non-Pulmonary Tuberculosis Forty eight cases (27 males and 21 females) were notified during 1938:-

These cases were notified from:-

Landward/

Landward Area	26
Burghs	
Armadale	3
Bathgate	4
Bo'ness	7
Linlithgow	3
South Queensferry	1
Whitburn	4
	<u>48</u>

Number of cases of Non-Pulmonary Tuberculosis notified during the last ten years.

<u>Years</u>	<u>Males</u>	<u>Females</u>	<u>Total</u>
1929	63	65	128
1930	50	39	89
1931	37	33	70
1932	41	38	79
1933	34	23	57
1934	36	25	61
1935	31	33	64
1936	41	23	64
1937	29	25	54
1938	27	21	48

Sanatorium Treatment

Number of cases of Tuberculosis treated during 1938:-

	In Sanatoria on 1st Jan. 1938.	Admitted during 1938.	Discharged or died during 1938.	In Sanatoria on 31st Dec., 1938.
Males	14	24	14	24
Females	22	21	24	19
Children	11	14	12	13
Total	47	59	50	56

Of the total cases treated 64 suffered from Pulmonary Tuberculosis and 42 from Non-Pulmonary Tuberculosis.

East Fortune Sanatorium - Dr Cameron's Report

Commenting on special measures in pulmonary tuberculosis, Dr Cameron in his current Annual Report expresses the view that collapse treatment has come to stay, and that "it is the right of every sufferer from the disease to have an experienced opinion on his suitability for it". Experience of this treatment at East Fortune has shown that the successes outnumber the failures and it has had excellent results in some cases.

After-care of Surgical Tuberculosis - There is an arrangement whereby cases suffering from tuberculosis of bones and joints after treatment in East Fortune Sanatorium are examined periodically by the consulting surgeon of the Sanatorium. These cases are mostly discharged with the progress of the disease arrested, but where a controlling apparatus is still necessary.

The/

The Tuberculosis Officer and the Surgeon together make examinations of these cases in Edinburgh and keep them under observation until the apparatus can be discarded.

Domiciliary Treatment

Medicines and dressings prescribed by medical practitioners for insured persons suffering from Tuberculosis were supplied as formerly.

Patients suffering from Lupus or other forms of Tuberculosis of the subcutaneous tissue receive assistance towards their travelling expenses to enable them to attend regularly for "Light Treatment" at the skin department of the Royal Infirmary, Edinburgh.

X-Ray Diagnosis of Exceptional cases - Patients can be admitted to East Fortune for observation and diagnosis, but beds are not always available for these purposes.

As an X-Ray photograph is of great assistance in diagnosing a doubtful case, the County Council has made an arrangement for the Tuberculosis Officer whereby any doubtful case may be X-Rayed by a specialist in that work. Fifteen examinations were made during 1938.

Venereal Diseases The Scheme for the treatment of persons suffering from venereal disease in the County remains in operation.

There is an arrangement with the Royal Infirmary, Edinburgh, whereby patients suffering from these diseases may attend for consultation and treatment.

Patients who require treatment as in-patients are admitted to special wards in the Infirmary.

Treatment is carried out with the greatest possible secrecy.

Examinations of specimens are carried out at the Infirmary Laboratory.

Medical practitioners in the County are supplied with the necessary outfits for taking specimens, and specimens for examination must be sent to the Clinical Pathologist, Pathological Laboratory, Royal Infirmary, Edinburgh.

Attendance of Patients During the year 1938 the number of new cases attending amounted to 211 - 101 men and 110 women and children. This is an increase of 23 in the number of new cases compared with 1937.

The total attendances numbered 2893 as compared with 4095 last year.

Twenty five men and 59 women and children were admitted to the Hospital Wards for in-door treatment.

During 1937 the total receiving in-door treatment numbered 75 - 31 men and 44 women and children.

The/

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The cost of travelling expenses to and from Edinburgh for treatment was paid in 50 cases.

The Clinical Medical Officer in his combined report for West Lothian, Midlothian and Peebles states:-

"The total number of new cases in 1938 was 448 as compared with 403 in 1937, the increase being entirely due to a larger number of cases being notified as ophthalmia neonatorum. This recognition of the necessity for a stricter interpretation of the definition of ophthalmia neonatorum as given in the Regulations of 1932 is to be welcomed as ensuring that any inflammation however slight of the eyes of a baby occurring within three weeks of birth will be notified. The result is that all these cases are investigated fully, and this includes not merely the bacteriological testing of the condition in the baby but similar testing of the mother. Once again it is gratifying to be able to announce that there has been no loss of sight in any case from your district!"

"Although the number of new cases has increased, there has been a marked and significant drop in the number of attendances, (5,458 as compared with 8,411 in 1937). This decrease is a clear and convincing indication of the success attending the new chemotherapy of gonorrhoeal infections. Our clinical work with the sulphanilamide derivative "M. & B. 693" has shown that this drug can produce clinical cure within a week in about 90 per cent of cases. The resultant shortening of the period of infectivity must in the future be reflected in a diminished spread of the disease"

"The admissions to hospital of men also show a diminution ascribable to the new chemotherapy producing cure before the stage of the disease when most complications arise and therefore securing a greatly lessened number of the serious results which formerly occurred and necessitated in-patient hospital treatment. The increased hospital admissions of women and children are accounted for by the increased notifications of ophthalmia neonatorum. The full investigation of mother and baby is greatly facilitated by detention in hospital."

"This report for 1938 is of special interest as conveying a picture of the dramatic success of the new drug treatment of gonorrhoea. The astounding rapidity and reliability of action of "M. & B. 693" have completely altered the prognosis. In the future we shall see much less of all the crippling and disabling consequences of the disease such as arthritis, salpingitis, ulceration of the cornea in ophthalmia neonatorum, etc. And we may confidently predict a progressive decline in the incidence of this formerly very prevalent and disastrous venereal infection."

"On the other hand, patients are coming to regard gonorrhoea too lightly and we have to combat a marked tendency on their part to default before the completion of a satisfactory test of cure. To a patient nowadays gonorrhoea seems much like any other minor ailment for which he visits a doctor and gets a prescription for medicine. If all symptoms quickly disappear, as they do under chemotherapy, the patient is only too apt to conclude that there can be no necessity for him to attend further. There is a real danger in this erroneous supposition, and increasing efforts must be made to impress on all patients the importance of attending till discharged cured"

Maternity Service and Child Welfare Scheme

The provisions contained in this Scheme will be found in the Report for the year 1930.

The following details refer to the united Scheme for the Landward Area and the Burghs:-

Births

(a) Number Registered (not corrected)	1377
(b) Number attended by doctors	726
Number attended by midwives	651
(c) Number of Still Births	39

Infantile Mortality

(a) Number of deaths (corrected)	104
(b) Rate per 1,000 Births	63
(c) Deaths (registered) classified according to age groups:-	

	Under 1 week.	1 to 4 weeks.	1 to 3 months.	3 to 6 months.	6 to 12 months.
Spina Bifida	1	5	-	-	1
Measles	-	-	-	-	1
Whooping Cough	-	-	1	-	-
Diphtheria	-	-	-	-	2
Tuberculous Disease	-	-	-	-	-
Meningitis	-	-	-	-	1
Influenza	-	-	-	-	-
Convulsions	-	2	-	-	1
Pneumonia	-	3	1	1	5
Bronchitis	-	1	-	-	1
Diarrhoea and Enteritis	-	1	1	2	2
Other Digestive Diseases	-	-	-	-	-
Congenital Malformation	8	3	1	1	1
Congenital Heart	1	3	-	-	-
Premature Birth	26	4	-	-	-
Atrophy, Debility & Marasmus	5	2	4	-	1
Suffocation and Overlaying	-	1	-	-	1
All Other Causes	4	2	-	1	2
	45	27	8	5	19

Maternal Mortality

(a) Deaths from Puerperal Fever	2
(b) Deaths from other Puerperal Causes	8

Report under Midwives (Scotland) Act, 1915.

A report under this Act has been sent to the Central Midwives Board.

Forty eight midwives practised in the District and they attended 651 births during 1938.

No/

No case of Ophthalmia and only 1 case of Puerperal sepsis was notified as occurring in their practices.

Of the 39 Still Births, 30 occurred in the practices of midwives.

The total number of cases of Emergency for which midwives called upon the services of medical practitioners under Section 22 of the Act numbered 198.

Home Visitation by Full-time and Part-time Health Visitors

	<u>Number Visited.</u>	<u>Total Visits.</u>
Infants	1493	12245
Children 1 to 5 years	619	11684
Expectant Mothers	493	1880

Total Number of Cases on Visiting List at end of Year 1938.

Infants	1573
Children 1 to 5 years	4671
Expectant Mothers	124

Clinica

Armadaale Clinic meets every Thursday from 2:30 to 4:30 p.m.

Bathgate Clinic meets at Mid Street School every Thursday from 3 to 5 p.m.

Blackburn Clinic meets at the Miners' Welfare Institute every second Wednesday from 3 to 4 p.m.

Bo'ness Clinic meets at Duchess Nina Home every Thursday from 3 to 4 p.m.

Fauldhouse Clinic meets at the Miners' Welfare Institute every second Tuesday from 2 to 4 p.m.

Linlithgow Clinic meets at Masonic Hall every second and fourth Thursday from 3 to 4 p.m.

Attendances

(a) Number of children Attending -	
1. Under one year	589
2. Over one year	92
(b) Total number of Attendances of children -	
1. Under one year	3632
2. Over one year	599

Supply of Food and Milk

Statement showing quantity and cost of milk, and other food supplied under the Maternity and Child Welfare Scheme to Expectant and Nursing Mothers and children under five years of age during the year ended 31st December, 1938.

	YEAR 1938.	
	Mothers	Children

1. No. of persons supplied with milk and other food preparations.	32	43
2. Milk - Standard Total quantity supplied (galls).	289 $\frac{1}{4}$	366 $\frac{1}{8}$
3. Other Food Preparations		
Specify - Eggs	13 $\frac{1}{4}$ doz.	2-7/12 doz.
Oatmeal	1 lb.	-
Petroleum Emulsion	-	1 bottle
Cod Liver Oil and Malt		25 $\frac{1}{2}$ lbs.
Ostermilk		2 tins.
4. Total cost to local authority (2)	£ 31:2:4d	£40:15:3d
(3)	£ 1:6:5d	2: 9: -
Total	£ 32:8:9d	£43:4:3d
Amount recovered by local authority	£ Nil	Nil
Net cost	£ 32:8:9d	£43:4:3d

Measles

(a) Number notified - Measles is not a notifiable disease in West Lothian.

(b) Number of deaths under 5 years	3
(c) Number of cases removed to Hospital	11

Whooping Cough

(a) Number notified - Whooping Cough is not a notifiable disease in West Lothian.

(b) Number of deaths under 5 years	2
(c) Number of cases removed to Hospital	0

Ophthalmia Neonatorum

(a) Number of cases notified.	
1. By doctors	0
2. By Midwives	0
3. By Institutions	0

(b) Number of cases in which infection is gonococcal.....0

(c) Number treated in residential Institutions.....0

(d) Number of cases in which there is an appreciable loss of vision.....0.

Puerperal/

Puerperal Fever and Pyrexia (corrected figures) -

1. Total cases -

(a) Puerperal Fever	5
(b) Puerperal Pyrexia	19

2. Cases removed to Infectious Diseases Hospitals -

(a) Puerperal Fever	5
(b) Puerperal Pyrexia	16

3. Deaths

(a) Puerperal Fever	2
(b) Puerperal Pyrexia	0

4. Assistance provided by Local Authority

Twenty one cases were removed to Hospital at the expense of the Local Authority.

REPORT ON THE LANDWARD AREA OF THE COUNTY.

A. General Sanitation.

B. Housing.

Information under these headings will be found in the County Sanitary Inspector's Report.

Housing conditions continue to be improved.

C. Food Supply

Information will be found in the County Sanitary Inspector's Report.

D. Medical Services

1. Maternity and Child Welfare - Particulars are given on page 7 of this Report.
2. School Children - The Report of the School Medical Officer is issued separately.
3. Infectious Diseases - The cases of infectious diseases which were notified during 1938 in the County numbered 1022 and details will be found on page 2 of this Report.

Diphtheria Anti-toxin is provided by the Local Authority to medical practitioners for use in emergency.

Notes on Diphtheria Immunisation in Fauldhouse will be found on page 2 of this Report.

4. Tuberculosis Scheme - Particulars are given on page 2 of this Report.
5. Venereal Diseases Scheme - Particulars are given on page 5 of this Report.
6. Nursing of Sick Poor - No alteration has been made in the Scheme for the Medical Care and Nursing of the Sick Poor.
7. Hospital and Ambulance Facilities -
 - (1) Infectious Diseases Hospitals - The total number of cases admitted to the County Fever Hospitals during the year was 798 - Tippethill - 522: Bo'ness - 276. The total for the year 1937 was 719.
 - (2) Poorhouse Hospital Accommodation - Dr Candlish, Medical Officer of the Poorhouse, reports as follows for the year ending 31st December, 1938:-

"The site of the Hospital is an excellent one, standing up on a hill and on the east side of Linlithgow, with easy access from the main Edinburgh road. It has a very open aspect, with splendid views of the countryside and surrounded by fields. The Poorhouse lies to the east side of the Hospital, connected to it by road, and distant only by some 200-300 yards. Structurally it is in very good condition and well built, having been erected originally/

originally as an isolation hospital for infectious diseases. It is in a good state of repair apart from such small items as decoration. The accommodation however, as has been stated in previous annual reports for the past 10 years, is hardly adequate, there being an increasing demand on the beds without any addition to their numbers. A scheme was suggested a few years ago for enlarging the hospital accommodation but so far has not come to fruition, possibly due to the fact that it was rather ambitious. It is felt, latterly at any rate, that a much smaller scheme would meet the requirements, and the addition of say 10 male beds and 5 female beds would certainly go a long way to relieve the congestion and give the hospital generally more scope. Should such an addition be considered at any time, it would also assist very materially if some isolation could be provided for certain types of cases, and even the addition of say 2 such beds for males and 2 for females would be most welcome and in constant use."

A. Sick Wards "There is no separate accommodation for acute and chronic cases or for children. They have all to be treated in the general wards consisting of 27 male beds and 13 female beds. In the case of infants and very young children, cots are placed in the female ward so that no adult beds are taken up by them. Maternity cases are separate altogether from the Ordinary wards, and consist of 2 beds in a room kept specially for that purpose. Heating, lighting, and ventilation are all satisfactory, adequate and in good order. Isolation of special cases is not possible at present, but in the case of male patients an attempt is made to keep the more troublesome patients together in one ward or the other. In the case of females this cannot be done, there being only one female ward."

B. Staff "There is no resident medical staff, but the Medical Officer pays a daily visit on weekdays and on any other occasion when required. In his absence, the work is deputed to his partner, so that there is always a doctor available if needed. Nursing arrangements are in the capable hands of Miss Wright, who is a State Registered Nurse, and also holds the Certificate of the Central Midwives' Board. There are 3 registered nurses, inclusive of the Matron, all three being on the general part of the nursing Register. The same three nurses hold the certificate of the Central Midwives' Board. Assistant or partially trained Nurses are 6 in number, total staff being:-

1 Matron
1 Sister
1 Staff Nurse
6 Assistant Nurses."

C. Patients - Number of Patients in Hospital:-

	<u>Men.</u>	<u>Women.</u>	<u>Children.</u>	<u>Total</u>
1. Aver. daily No. for 1938	25.4	12.9	1	39.3
2. Maximum No. for 1938	27	14	1	42
3. No. of Confinements		1		1
4. No. at 31-12-37	26	12	1	39
5. Admitted during year	71	38	2	111
	97	50	3	150
6. Transf'd to Ordinary Wards	17	10		27
7. Discharged to own homes	21	6	3	30
8. Transf'd to Institutions	14	7		21
9. Died	19	15		34
10. Under treatment at 31-12-38	26	12		38

D. Special Treatment "Tuberculous patients are notified to the County/

- County Medical Officer of Health and subsequent treatment depends to a great extent on the action taken by him. If no accommodation exists at East Fortune Sanatorium or other Hospital, the patient
- (1) has perforce to be kept and treated in the ordinary wards of the Hospital.
Venereal disease is treated by transferring the patient to the Royal Infirmary, Edinburgh. No cases of this kind are treated in the Institution.
- (2) In the event of specialist treatment being required apart from the above, patients are referred to the Royal Infirmary, Edinburgh. Similarly, therapeutic measures not available are obtained by sending the case into the Royal Infirmary."
- E. Diet "The diet provided is particularly good, and is changed and varied as much as possible to avoid monotony. The quality is excellent, sufficient in amount, and very well cooked and served. A complaint is almost unknown, either from patients or staff, and when investigated is nearly always seen to be without foundation."
- G. General "It would be a great boon if a little more accommodation could be provided on the lines already suggested. Another improvement which is badly needed is the provision of a day room for male patients, who at present, when permitted to be up, are necessarily confined to the wards, resulting in a good deal of restriction. The Hospital as a whole is very comfortable and is doing extremely good work in caring for the Sick Poor, and with a few small improvements could be made even more useful. The standard of nursing maintained would compare favourably with that of a small general hospital or any other Institution of a similar kind, and it is to be regretted that up to now nothing definite has come of the suggestions put forward in previous reports for increasing accommodation."
- (3) Ambulance Facilities These remain as stated in the Report for the years 1933 and 1936.
- F. Factories and Workshops (Landward) One hundred and sixteen inspections were made of Factories and Workshops in the area. No defects were found.

VITAL STATISTICS - Landward

Population - Census 1931	48,481
Population Estimated 1938	47,694
Number of Births (corrected)	912
Number of deaths (corrected)	518
Number of Deaths of Children under one year	47

Causes of Death The principal epidemic diseases caused 17 deaths. Eight were due to Diphtheria and 4 to Influenza.

There were 11 deaths from Tuberculosis of the Respiratory System and other causes of death were:-

Heart Disease	92
Cerebral Haemorrhage	51
Malignant Disease	76
Bronchitis	19
Pneumonia	38
Diseases of Early Infancy	30
Old Age	27

Ages/

Ages at Death
during 1938:-

The number of deaths at the various age periods

Under 1 year	47
1 to 4 years	15
5 to 9 years	8
10 to 14 years	3
15 to 24 years	17
25 to 34 years	25
35 to 44 years	28
45 to 54 years	55
55 to 64 years	74
65 to 74 years	131
75 to 84 years	102
85 years and over	13
	518

County Rooms,
Edinburgh, 29th June, 1939.

